

## NEW ROTATION

Since we are starting out in a new rotation, the Gazette asked service veterans around the Area to share their feelings about this subject. A wealth of experience was gathered. A few people new to general service also opined. Many folks were generous with their responses and insights. A number of thoughts echoed each other; they have been combined. The responses were thoughtful – and some were humorous: which illustrates the fact that AA service is rewarding and can be great fun (as Chuck C. says: “for free and for fun!”). In most instances, we all were initially outside of our comfort zone, but, as Bill encourages us to do, we keep moving forward – we change and grow. In this New Year, as we embark on this rotation, we are grateful to our predecessors – we are all together in service. The Gazette thanks everyone who participated.

### 1. What were your feelings when first starting out in general service? (For those new to general service, what are your feelings?)

- ⊗ Humbled, honored, grateful
- ⊗ Challenged.
- ⊗ I was both nervous and enthusiastic when I started in my first foray into general service - slightly more so the latter, as I recall. I felt a little over my head, and that I had a lot of catching up to do.
- ⊗ Giddy with a touch of masochism.
- ⊗ The folks I observed in service seemed to be the happiest about their sobriety. No one position scared me to death because I didn't feel that the jobs were too difficult to do since I hadn't seen anyone fail at one yet. Like anything now-a-days, computer skills seem to be vitally important for many jobs. (Secretary, treasurer, etc.)
- ⊗ Ready to go: already trained.
- ⊗ My home group hadn't had a GSR in years and I wanted answers about corrections meetings so they elected me as GSR and sent me off to district to shut me up. It didn't work...
- ⊗ Concerned about doing a good job.
- ⊗ Reluctant - how in the world is this going to help me? Plus a little nervous because of all of the unknowns.
- ⊗ Enthusiastic. Invigorated. Humble.
- ⊗ Doubtful. I was not sure that what I was doing was right for me or AA but I was told I needed to do it if I wanted to be "sober". I needed all three legacies of the program for sobriety.
- ⊗ Like everything else in the program that I tried (sometimes reluctantly) for the first time, starting out in General Service was something I knew I needed to do, was urged to do by my sponsor, was a bit frightening as well as exciting.
- ⊗ I was both nervous and enthusiastic when I started in my first foray into general service - slightly more so the latter, as I recall. I felt a little over my head, and that I had a lot of catching up to do.
- ⊗ When first starting out I felt "purposeful" as it was a point in time that my recovery/personal life was in transition, I was looking for a boost, my group needed a GSR and I volunteered.
- ⊗ I was excited, but confused. I really didn't know what all the acronyms and abbreviations meant. I was also grateful about the opportunity to serve. I was impressed by the quality of the people involved and their sobriety.

- ⊗ I was sober for four years when my sponsor brought me to my Area 38 Assembly. He told me I had six months to learn how the Assembly functioned by attending, looking and watching what was happening. After the first assembly I was hooked! I really thought I knew a lot about service work, until that first Assembly. I was very humbled when I came back for my third Assembly and felt like I knew even less than I did at the first one. My first general service position I had most feelings you can name...but namely nervous and very afraid that I might screw up and ruin A.A. for the Area...Talk about a big head!
- ⊗ Trying to not mess up but eager.
- ⊗ Anxious about doing something totally new. I was scared about interacting with a lot of new people.
- ⊗ A bit of fear since I did not know what to expect.
- ⊗ Nervous—none of my sponsors up to that point had been heavily into service work – which is why I have a service sponsor now and why I “am” a service sponsor now. I had no idea what I was getting into, but it was said to me that it was the third leg of the stool that made everyone else stick together – so I went for it.
- ⊗ Apprehensive, I did not want to commit to something I didn’t want to do. Confident, I was certain that I could do the job that was asked of me.
- ⊗ To be honest, I didn’t get into service because of enthusiasm, but because I was told it was necessary for long-term sobriety. It wasn’t until I started that I began to realize the other benefits. It was kind of like taking the 4<sup>th</sup> and 5<sup>th</sup> Steps.

## 2. What are/were your feelings when starting out in a new rotation?

- ⊗ Excited and eager to learn new tasks.
- ⊗ Each job had some anxiety involved, but that quickly dissipated as I got into the actual work.
- ⊗ I’m like an old Lab: fetch sounds like a lot of work until someone tosses a Frisbee, then...
- ⊗ Resigned - I’m not sure why, but I seem to grow from the service assignments.
- ⊗ Bellicose, but also shifting between delusions of persecution and grandeur.
- ⊗ What have I gotten myself into THIS time?
- ⊗ Nervous...concerned about doing a good job.
- ⊗ Excited, yet apprehensive. I had a hard time in the beginning with letting go of my past position. I got mad the first time they replaced me as the coffee maker with a "newbie". Every time I left a position there was always something else for me to do.
- ⊗ Anxious. What on earth am I doing?
- ⊗ I am always excited about starting a new rotation because I know I’ll receive many benefits from my new opportunities for service and I’ll become closer friends with more people in the program.
- ⊗ I am always enthusiastic and excited when starting a new rotation, as well as relieved to be done with the previous rotation.
- ⊗ The "emotions" run the gamut of calm, excited, anxious, etc. As assignments progress, one gains confidence to perform in whatever capacity asked.

- ⊗ Pretty excited. My ego has always been such that I thought I could handle whatever I was given. I am not proud of this, but it is, nevertheless, the truth.
- ⊗ I feel not adequate to function for the eastern half of our state. But, I know I have a lot of guidance sitting in the "Past Delegates' Corner." This type of service gives me my biggest growth in sobriety.
- ⊗ I was anxious about getting involved. I didn't have any idea what I was getting into. I was asked to serve and didn't know anything about the "job." I didn't know if I would be able to do it. I was afraid of failing in front of everybody.
- ⊗ When I first started, I felt a bit of confusion since I did not have a good groundwork from my predecessor. But it was also a good feeling – since the groundwork had not really been laid, I felt that I had a freedom to be more creative.
- ⊗ Excited. Anxious. Not calm---I may never get that serene. Grateful that I'm able to serve.
- ⊗ In a new rotation I get excited for the opportunity to learn a new job and keep serving. Also, I am relieved that I can put down my last assignment and turn it over to someone new.
- ⊗ When starting a new rotation I felt excited, anxious, calm, etc., but in addition, worried. Worried that I wouldn't be up to the task or be able to maintain my enthusiasm for the job. Imagine that, an alcoholic who suffers from lack of confidence.
- ⊗ Always excited and anxious to learn. Knowing this was just another job to do.

### 3. What helps -- or has helped -- you?

- ⊗ Those who preceded you can certainly be a wealth of information, if they haven't broken and run once their job was done. I have a service sponsor who can help see the big picture. And I also got to know many past Delegates, who have held a number of positions and could share their experience, strength and hope.
- ⊗ Ya, its them olde timers... They can talk ya down of your spiritual hilltop and teach ya how ta yodel through the valley of shadows. They also know where the best eaten' meet'ns are, that helps a lot.
- ⊗ If you simply show up for all of the meetings, etc., you'll be doing better than most people – that took some of the pressure off.
- ⊗ Definitely prayer and the support/advice of other service veterans.
- ⊗ My predecessors and service veterans.
- ⊗ Acceptance...what will be, will be.
- ⊗ I learned to listen to those that had gone before me. I have an expression that helps me a lot when it comes to service work and rotation. That phrase is "It's not my job." I have to live it, I have to let the new person do their job and concentrate on doing the best I can in mine.
- ⊗ I think that inventory about my service experiences and the benefits I've gained fill me with gratitude and assure me that I will receive even more in the future, in my new rotation.
- ⊗ Speaking directly with the outgoing servant is always the most beneficial; outside of that, speaking with my service sponsor, reading the literature on the position, and prayer (as always) is helpful.
- ⊗ The willingness and availability of predecessors is the key. I asked; they shared. I must do the same for the next group. Not to dominate and control but to edify and encourage.

- ⊕ The support of others – including my sponsor.
- ⊕ The AA service literature has helped the most. If our service literature and traditions are read, understood and followed, these positions are doable and one can have a successful term. As far as personal challenges are concerned, my spouse, sponsor and others in the Fellowship have helped immensely. Of course, nothing can be accomplished or rewarding without close contact with one's higher power.
- ⊕ I always start any service position with a lot of prayer and normally end still praying! Asking for guidance throughout the rotation is not a bad thing. I have used a service sponsor for many a year. I learn from a service sponsor and I have a time or two actually taught him a thing or two... isn't that what growth is about, learning from each other. Most of the time in service work, if I follow the Traditions, all is well.
- ⊕ The examples of the overall energy level of commitment and great sobriety of others.
- ⊕ My sponsor was my predecessor for the first service position. He was able to coach me about it before I started. He also helped me in the beginning with advice and guidance. Our DCM was great support in the next service role. I also received a lot of positive feedback from others in service, so I knew I was on the right track.  
  
Both service positions have helped me break out of my shell. I was able to focus outside of myself. Along the way, I've been able to get comfortable meeting and interacting with others. This unexpected personal growth was a direct result of going past my comfort zone to be of service to others.
- ⊕ The support of others – including my sponsor.
- ⊕ Assistance – I think I asked a variety of people for input and support. I continue to ask for input on how I do things in order to see what I could do better and get an objective, outside opinion.
- ⊕ SERVICE SPONSOR!!!!!!!!!! I can't stress that enough. Everything else mentioned has helped, but having someone at your back is the best. That and those who have served in the same capacity and are willing to share their experience, strength and hope.
- ⊕ The mentors certainly have helped me. I now have a Service Sponsor, so we'll see how that goes. Also, those leading the next rotation help me get grateful for the process. They also show me what I can do better.
- ⊕ Probably the greatest help comes from the great examples I've met in AA. My home group has many hardworking AAs who encouraged me to do as they do. It was always stressed that we have a debt to AA and that we pay the debt off by carrying the message to the next alcoholic. We all "take our turn in the box" to get the work done and to pass the message along. It's what we do to stay sober.
- ⊕ I had a wonderful sponsor who was service through and through. She was a great guide. I also had a lot of good, orderly direction from another member who was extremely involved in service and always willing to share. A couple of past Delegates, my predecessors, were great examples of the kind of leadership I wanted to follow and to develop. Frequent prayer and the practice of anonymity as a spiritual principle were my lifelines.

